http://axp.calumet.purdue.edu/~chronicle

The Chronicle

Vol.15 No. 17

Monday, February 3, 1997

Keep your hands to yourself

BLOOMINGTON, Ind. (U-WIRE) – "I felt violated (as) hell and was scared," said junior Hilary Bergman.

Bergman is not alone in this feeling. She said she is probably one of many IU students who have been sexually harassed.

Bergman said she was not going report the incident until a friend told her she should. She believes many people on campus do not come forward and report sexual harassment because people want to keep it a secret. Yet Bergman said once she got it out she felt better.

Associate Director of the IU Office of Affirmative Action Laura Galloway said when sexual harassment rears its head, IU is here to help.

Galloway and other panelists came together Tuesday in the Education Building to discuss IU's fight against sexual harassment. The panel was sponsored by the Committee to End Rape and Relationship Violence.

Galloway said the Office of Affirmative Action receives from 80 to 100 complaints involving race, religion and sexual orientation a year. Twenty-five percent of the complaints deal with sexual harassment.

Julia Lamber, an IU law professor who was on the panel, said sexual harassment is categorized in two ways: quid pro quo and hostile environment. Lamber said quid pro quo occurs when a supervisor bases his or her decision on sexual favors. Hostile environment occurs when there is a repetitive pattern of inappropriate sexual behaviors that interfere with an individual's performance in his or her work environment. Examples include inappropriate fondling, gestures or words.

Senior Kevin Henderzahs said, in his mind, he has never experienced Lamber's definition of sexual harassment.

"I do not think I have been harassed," Henderzahs said. "However, everyone's definition of sexual harassment is different."

Henderzahs said his interpretation of sexual harassment is when an individual feels uncomfortable about someone else's making a sexual advance toward him or her.

Tom Bunger, a panelist and local Bloomington attorney who deals with sexual harassment in the Monroe County Community Schools Corporation, said students are unsure whom to talk to about sexual harassment, and whether their discussion of the subject will be confidential. Associate

Superintendent David Frye of MCCSC said students' filing a complaint with the administration have protection, and when complaints are made, the school system keeps it an internal investigation.

Bunger said the school board's policy protects the confidentiality of the student filing the complaint and also encourages reporting. The policy also protects parties who might be wrongfully charged.

IU is taking a stand against sexual harassment by preventive training for staff members, informative brochures and revising the sexual harassment policy to emphasize the severity of sexual harassment, Galloway said.

Students affected by sexual harassment can take action by contacting the following offices on campus: the Office of Affirmative Action, Human Resources Management, the Dean of the Faculties, the Office for Women's Affairs and the Dean of Students.

Eat, drink and be merry

LONDON (CPS) - Forget those New Year resolutions to count the calories and stop drinking alcohol.

And there's no need to feel too guilty the morning after if you wake up with a hangover.

Scientists have decided moderate drinking is good for you and strict calorie watching is not the best way to stay slim, while a hangover can be a useful warning to keep drinking within limits.

Writing in the British Medical Journal, U.S.-based researchers said a study of the lifestyle of thousands of Chinese men showed 19 percent lower mortality among men aged 45 to 64 who had up to 14 drinks a week than among teetotallers.

But the researchers from the University of South Carolina said the study of 18,244 men in Shanghai between 1986 and 1989 showed heavy drinking was risky. Those who had more than 43 drinks a week had a 30 percent higher risk of death.

"Moderate drinkers had a reduced risk of death compared with non-drinkers or heavy drinkers," they wrote.

Danish scientists reported that a free and easy diet was more effective than a strict regime for keeping the pounds off.

The researchers from Copenhagen's Royal Veterinary and Agricultural University made 43 obese adults lose around 30 pounds each either via a strict diet lasting 17 weeks or an even harsher one lasting eight.

Then, some of the volunteers were put on an "ad lib" low fat program while others began a traditional calorie-controlled diet. The results were measured after a year.

A signed editorial in the same edition of the BMJ suggests even the post-Christmas hangover may be a blessing in disguise.

Ian Calder, a consultant anaesthetist at Britain's National Hospital for Neurology and Neurosurgery, wrote there was probably no foolproof remedy for the morning-after headache.

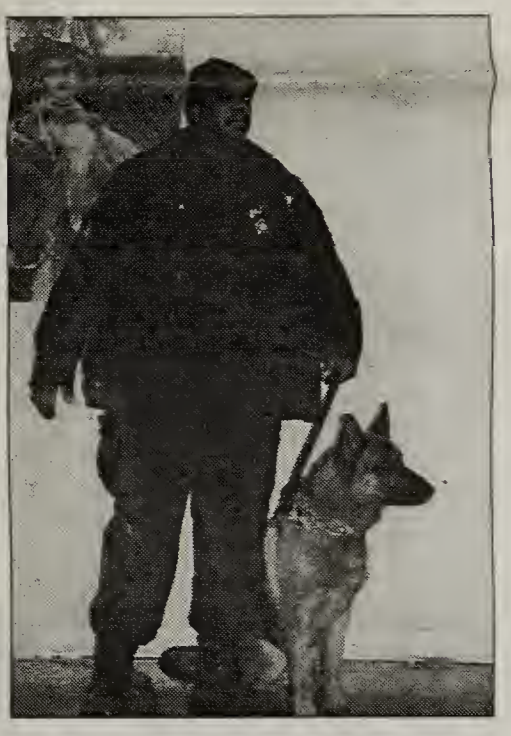
But at least the fear of a hangover makes most people moderate their drinking.

"Even moderate amounts of ethanol (alcohol) can be damaging, so a penalty for consumption is in our interest."

Hammond Police Department demonstrates drug bust

Photograph by of Sean Kingston

Sgt. Mike Ramirez and Tristan demonstrate how the dog "keys" on the officer's voice.



Photograph by Sean Kingston

Sgt. Alcox and Manto show the bond of an officer and canine. Sgt. Alcox gives commands in german.

Tristan and Manto, part of the canine unit, have a nose for police business

Chronicle Staff Story

On Wednesday, Jan. 29, the Hammond Police Department demonstrated the canine unit and its ability to lead officers to hidden drugs.

Two officers, Sgt. Alcox and Sgt. Mike Ramirez, talked about the background of the canine unit. The unit has been in progress for two years.

There is a total of seven dogs working for the canine unit. Most of the dogs are trained in german; however, there are a couple that are trained in dutch. The Sgts.' canines, Tristan and Manto, were both imported from Germany.

The dogs are trained to track people and find drugs such as marijuana, heroin, and cocaine. Sgt. Ramirez explains that there are two different types of trained dogs.

There is the aggressive response dogs, they let nothing get in the way of keeping them from their task.

On the other hand, there are the passive response dogs that simply indicate the area the drugs are located.

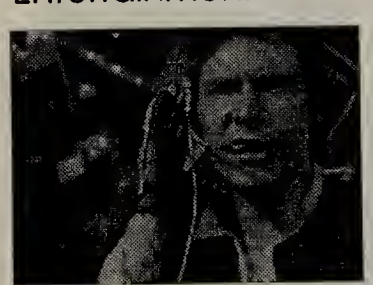
Both dogs at the demonstration were passive response dogs. As a way of rewarding the dogs, the officers give them tennis balls to play with. In a way it's almost like a game to them.

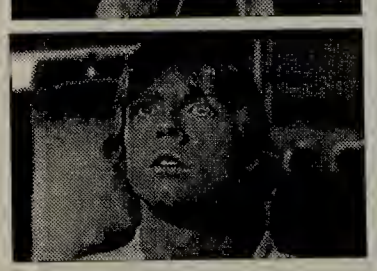
After serving their duty, which is usually eight years, the dogs are retired. Their trainers then get to keep them for pets.

Those students in attendance for the demonstration may have been the last audience. Officers are no longer compensated for their time to do these types of events.

Inside

Entertainment





Star Wars blasts back onto the big screen
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ADMINISTRATION UPDATE

Communicating urgent information to you...

We briefly touched on this last week, but it bears repeating in greater detail...

When extreme weather conditions and/or other sudden, unusual or unexpected circumstances occur, necessitating a decision to suspend classes and/or other campus operations—as happened Jan. 15-16—the Chancellor, in consultation with the Vice Chancellor for Administrative Services, will decide when it is necessary to take such action.

That decision will be determined and communicated in the following manner:

1. **PRIOR TO THE START OF THE CAMPUS DAY...** to the news media by 5 a.m.

   PRIOR TO THE START OF EVENING CLASSES... to the news media by 3 p.m.

2. **EITHER** of the following announcements will be made to local radio stations and Chicago television for ASAP broadcast RE: the status of operations at Purdue Calumet that day:

   "CLASSES ARE SUSPENDED."
   (This means that all classes scheduled to meet that particular day at on- and off-campus sites have been canceled, but university offices, departments and services remain open.)

   OR

   "THE UNIVERSITY IS CLOSED."
   *(This means that all on- and off-campus functions, services, programs and activities have been suspended that day. **The campus will be considered closed to all persons except those assisting in emergency/urgent operations.**)*

3. The announcement will be communicated for broadcast on these radio stations...
   - Hammond station WJOB (1230-am)
   - Hammond/Merrillville station WZVN (107.1-fm)
   - Hammond station WXRD (103.9-fm)
   - Gary station WLTH (1370-am)
   - Valparaiso station WNWI (1080-am)
   - Valparaiso station WAKE (1500-am/105.5-fm)
   - Michigan City station WIMS (1420-am)
   - Michigan City station WEFM (95.9-fm)
   - LaPorte station WLOI (1540-am)
   - Chicago stations: WBBM (780-am), WGN (720-am), WMAQ (670-am), WLS (890-am)

   and these Chicago television stations...
   - WGN-TV/Channel 9
   - WMAQ-TV/Channel 5
   - WFLD-TV/Channel 32
   - CLTV News

4. Additionally, the voice mail greeting of the campus Switchboard (219/989-2993), Information Center (219/989-2400) and Office of University Relations (219/989-2217) will convey the message.

5. Emergency closing information relating to the Chicagoland area also can be obtained by phoning 1-900-407-SNOW from a touch-tone phone. *NOTE: there is a 95 cents per minute charge.*

6. Also, an announcement will be carried on the introductory page of the Purdue Calumet home page: **www.calumet.purdue.edu**

7. If you are on campus when a decision is made to suspend classes or close the campus, it will be announced:
   - on both outdoor, electronic message boards—(south side of Student Faculty Library Center and north side of the Gyte Science Building annex), and
   - via announcements affixed to building doors

* * * * *

If there is no such announcement, assume normal campus operations remain in effect.

Resumption of campus operations

When a decision is made to resume campus operations, it will be communicated via:
- the voice mail greeting of the campus Switchboard, Information Center and Office of University Relations (see phone numbers above), and
- the introductory page of the Purdue Calumet home page www.calumet.purdue.edu

Typically, radio and TV stations do not announce resumption of operations.

At a glance

student organizations

MFTC offers therapy

The Marriage and Family Therapy Center is an available referral resource when working with students. We offer individual, couple, and family therapy to students and community. A sliding fee scale is used based on family size and income.

The Marriage and Family Therapy Center is part of our Marriage and Family Therapy Master's program, accredited by the American Association for Marriage and Family Therapy.

Therapy is provided by graduate interns, who are closely supervised by faculty who are Approved Supervisors in AAMFT. Potential clients may call 989-2027 for further information. Lorna Hecker, Ph.D. Clinic Director, Marriage and Family Therapy Center

NIABowl needs teams

Purdue Calumet Students are needed to participate on teams for the first annual NIA BOWL to be held on Saturday, Feb. 15, 1997, 8:30 a.m., Alumni Hall. Monetary prizes will be awarded to the winning team members!

PUC teams will consist of 6 members (4 players and two alternates). Team members must currently be registered as students at PUC. The event promises to be enjoyable as well as educational!

Four teams from PUC will be assembled and will compete against each other (the high school teams will also compete against one another).

If you are or know of any interested students, please call 2781 so for an application and NIA BOWL guidelines

Child center enrolling now

The Riley Child Center is available to all students, staff, faculty, and the general public. The center serves children from the ages of 3 to 12. Mon-Thurs 7:30 a.m. to 9:30 p.m. Fri 7:30 to 5:30. Call 989-2343 for more information.

Scholarship opportunity

Through a national essay competition known as Project: Learn MS '97, college students can compete for an $8,000 scholarship and raise funds for those suffering from multiple sclerosis. Students must write a 500-1000 word essay on multiple sclerosis, its effect of the family, and how society can improve life for the physically challenged.

All essays must include an official registration form, $7.50 in prepaid sponsorship, and must be postmarked by April 11, 1997. For an official registration form, call MSAA at 1800LearnMS.

Teen summit

Feb 15 there will be a teen summit and jam session in Alumni Hall from 6-11 p.m. Tickets are $5. For more information call 989-2401 or 9892633.

Diabetes Support Group

The Diabetes Support Group will meet monthly. Meetings will be held off campus at a residence in Munster starting in late Feb. For more information contact: Constance Karras at (219)836-5461.

Homecoming

The Homecoming Committee has scheduled events for the Homecoming spirit starting of Feb. 10.

Monday, Feb. 10-Introduction of Queen and King candidates in C-100 at 12 p.m.

Tuesday, Feb. 11 and Wednesday, Feb. 12-voting for Homecoming King and Queen in the Concourse at 10 a.m. to 2 p.m. and from5 p.m. to 7 p.m.

Thursday, Feb. 13-Contests for all PUC students in the Concourse from 12-1 p.m. Such contests include: Basketball free throwing, Three-legged race, toilet paper contest, Mr. Fitness, and Bozo buckets.

Saturday, Feb. 15 PUC hosts Indiana University at South Bend for the Homecoming game in the PUC gym at 7 p.m. At half-time, The King and Queen will be announced. There will also be a tug of war contest.

The theme for this year's Homecoming is "Space Jam."

The candidates for Homecoming King are:

Robert Vaccaro Jr., sophomore, Civil Engineering

Khari Dunn, sophomore, Electrical Engineering

Jorge Dominguez, freshman, Electrical Engineering

Salvador Anaya Jr., sophomore, Engineering.

Candidates for Homecoming Queen are:

Jody Velez, sophomore, Early Childhood Development

Laura Berg, junior, Elementary Education

Jovette Barrera, sophomore, Chemistry

Taiye Hattisburg, senior, Biology.

The Chronicle

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Is this relationship really good for you?

BY: MARILYN STEINBERG, B.A.
Marriage and Family Therapist Intern

Susan: "Girlfriend, he is no good for you!"

Jill: "But I love him, I don't want to hurt him, I am not cute enough to find anyone else and besides, if I really try, I can make our relationship work!"

It is often very hard to end a love relationship even when you know it is bad for you. A bad relationship is not the kind that is going through the usual periods of disagreement and disenchantment that are inevitable when two separate people come together. A "bad" relationship is one that involves continual frustration and the relationship seems to have potential but that potential is always just out of reach. In fact, the attachment in such relationships is to someone who is unattainable in the sense that he or she is committed to someone else, doesn't want a committed relationship, or is incapable of one. Bad relationships are chronically lacking in what one or both partners need. Such relationships can destroy self-esteem and prevent those involved from moving on in their academic pursuits, careers or personal lives.

Remaining in a bad relationship not only causes continual stress but may even be physically harmful. An obvious harm is the physical abuse that is often a part of such relationships. In a less obvious way, the verbal and emotional abuse and the tensions caused by the constant stress can drain energy and lower resistance to physical illness. Continuing in such bad relationships can lead to unhealthy escapes such as alcohol or drug abuse and can even lead to suicide attempts.

In such relationships, individuals are robbed of the freedom to be their best self in the relationship, the freedom to love the other person through choice rather than through dependency and the freedom to leave a situation that is destructive.

There are several factors that can influence your decision to remain in a bad relationship. These can be practical considerations such as financial entanglement, shared living quarters, potential impact on children, feared disapproval from others, and possible disruption in academic performance or career plans.

Despite the pain of these relationships, many rational and practical people find that they are unable to leave, even though they know the relationship is bad for them. One part of them wants out but a seemingly stronger part refuses or feels helpless to take any action. It is in this sense that the relationships are "addictive."

Listed below are several signs of an addictive relationship identified by The University of Illinois at Urbana-Champaign Counseling Center. Consider whether they apply to you:

1. You hold the belief that love has to be forever.
2. You believe you are a failure if you end a relationship.
3. You think that being alone is terrible.
4. The belief that you should never hurt anyone.
5. You believe you will never find anyone else.
6. You think that if you work hard enough you will be able to save this relationship.
7. You suspect that you are staying in the relationship for the wrong reasons, such as financial and social purposes.
8. Even though you know the relationship is bad for you (and perhaps others have told you this), you take no effective steps to end it.
9. You give yourself reasons for staying in the relationship that are not really accurate or that are not strong enough to counteract the harmful aspects of the relationship.
10. When you think about ending the relationship, you feel terrible anxiety and fear which make you cling to it even more.
11. When you take steps to end the relationship, you suffer painful withdrawal symptoms, including physical discomfort, that is only relieved by reestablishing contact.
12. You recognize that you have a pattern of staying in bad relationships and that you have not been able to change that pattern by yourself.

If most of these signs apply to you, you are probably in an addictive relationship. To move toward recovery, your first steps must be to recognize that you are "hooked" and then to try to understand the basis of your addiction. In this way, you can gain the perspective to determine whether, in reality, the relationship can be improved or whether you need to leave it.

In some cases, therapy may be necessary or helpful. For more information on Purdue's Marriage and Family Therapy Center, located at 2514 169th Street, next to Campus Cleaners, call 989-2027.

Career Corner

Spring Recruiting

White Lodging Services - Radisson Hotel in Merrillville - Monday, Feb. 10
Information about Internships and Full-Time positions will be discussed. AAS Food Service & Lodging and RHI majors are welcome. Attendance at the presentation is mandatory to participate in Interviews on campus, Tuesday, Feb. 11. Sign up for the presentation in the CD&P Office Room SFLC-349

U.S. Air Force - ROTC - Tuesday, Feb. 11
Sergeant Scott Ridgeway will be presenting in Room SFLC-321 from 5 to 7 p.m. All majors are welcome to attend.

U.S. Army - Thursday Feb. 13
Sergeant Richard Schmidt will present an informational session in Room SFLC-301 from noon to 2 p.m. All majors are welcome.

Interview Workshops

Career Development & Placement sponsors monthly interview workshops to help prepare you for interviews. These workshops provide information on techniques and skills for successful interviewing. Mock interviews are taped so you can see how you appear to interviewers.

Friday, Feb. 14 from noon until 2 p.m.
Friday, March 7 from 1 until 3 p.m.
Friday, April 18 from noon until 2 p.m.

These workshops are limited to the first people to sign up in Room SFLC-349!!

Career Planning - Nursing

Bring your questions and learn about career options and job search tips at the Nursing Workshop on Friday, Feb. 7 in SFLC-321. The workshop will run from 10 to 11:30 a.m.

Criminals plague Internet users

ERIC SERRANO
Staff Writer

As an unregulated mixture of individuals, governments and companies journey in the new territory called the Internet, criminals have prepared themselves for this new land of opportunity.

There are a variety of crimes that can be committed on the Internet. A simple one that many people are familiar with is putting viruses on computer disks. Anyone can do this. However, there are much more damaging crimes on the Net.

Using software tools installed in a remote location, hackers can break into networks to steal data, plant viruses, or work mischief of a less serious sort by changing user names and passwords. Network intrusions have been made illegal by the Federal government, but detection and enforcement are difficult.

Network systems also provide new opportunities for industrial espionage. Hackers-for-hire retrieve information about product development and marketing strategies, rarely leaving behind any evidence of the theft.

According to estimates by the US Publisher's Association, as much as $7.5 billion of American software may be illegally copied and distributed annually worldwide. Piracy is relatively easy, and only the largest rings of distributors are usually caught. In some of the far-off corners of the Net, pirated software can be downloaded just as easy as pushing a button.

Mail bombings are another strange thing that can happen to you. By instructing a computer to repeatedly send electronic mail to a specified account, the cybercriminal can overwhelm the recipient's personal account and potentially shut down entire systems.

Things called spoofing and password sniffing are potentially more dangerous. Password sniffers are programs that monitor sites or networks and can record names and passwords of users. This can give sniffers access to restricted areas or documents.

The Wall Street Journal suggests in recent reports that hackers may have sniffed out passwords used by members of America Online, a service with more than 3.5 million customers. Even the president of AOL found his account security jeopardized.

Spoofing is the act of disguising a computer to look like another on a system of networks, such as the Internet. This can give people access to places that they usually can not get access to.

Credit card fraud may be the worst thing financially to the most people. The U.S. Secret Service believes that half a billion dollars may be lost annually by consumers who have credit card and calling card numbers stolen from on-line databases.

As more and more people use the Internet, criminals and crime will increase. People need to be more aware of the crimes that can happen to people on the Internet. Laws are becoming stricter and punishments harsher for criminals who use the Internet. Unfortunately, they are still out there.

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Fair warning: P.A. system improves campus safety

A memo, released last week from University Relations, contained guidelines for school closings and class suspensions. For future reference, the Administration will announce these decisions, if possible, prior to the start of the campus day by 4:30 a.m. If there is a class suspension, the announcement will be made later in the day, prior to evening classes by 2:30 p.m. These announcements will be made to local radio stations, incorporated into the Information Center's voice mail, and PUC's web page.

This strategy is an improvement from what we were dealing with before. Previously, class suspensions were delivered by foot. Meaning someone had to go to each building and each room to notify each teacher who then notified their students of the breaking news. Unfortunately not all the information reached every classroom or office. Students who were tucked in the student organization offices had no knowledge of the class suspension. Staff members of The Chronicle were not aware of the cancellation until an editor came back to inform them. The third floor of the library building is very isolated from heavy student traffic.

The use of radio stations benefited those students not at school because they were able to find out about cancellations by tuning in. Unfortunately, not all students knew what stations were airing the announcement. This created frustration in students that drove to school on Jan. 15, only to find the electronic billboard flashing the notice or by fellow peers telling them of the class suspension.

The problem of notifying student of class suspensions and school cancellations has been corrected by announcing these decisions on the radio, voice mail and Internet. *What were to happen if perhaps* a tornado were to touch down or we happen to have another bomb threat? The method of notifying students and teachers in school would undoubtedly have to be quicker. One possible solution would be a public address (P.A.) system.

A public address system is not only a practical way to provide information, but also a way of providing instructions. As elementary children we used to despise all the drills we went through. We used to think they were pointless because our perceptions were "that would never happen." Unfortunately, fires and tornadoes do happen.

Public address systems could also be a safety precaution. If fire alarms and sprinkler systems are required in buildings, a public address system should be required as well. Using it will benefit in many ways. Important information will be distributed in a more timely fashion. When something "big" happens, it can be released immediately. Secondly, this system would provide instructions. For example, if there was another bomb threat, it would be helpful to advise students, teachers, and other staff members what to do in such an event. Instructions from trained professionals such as police officers, would be more reassuring. Last, it would be another means of safety. To have a public address system available would ease anxiety of what to do when an extreme situation were to arise.

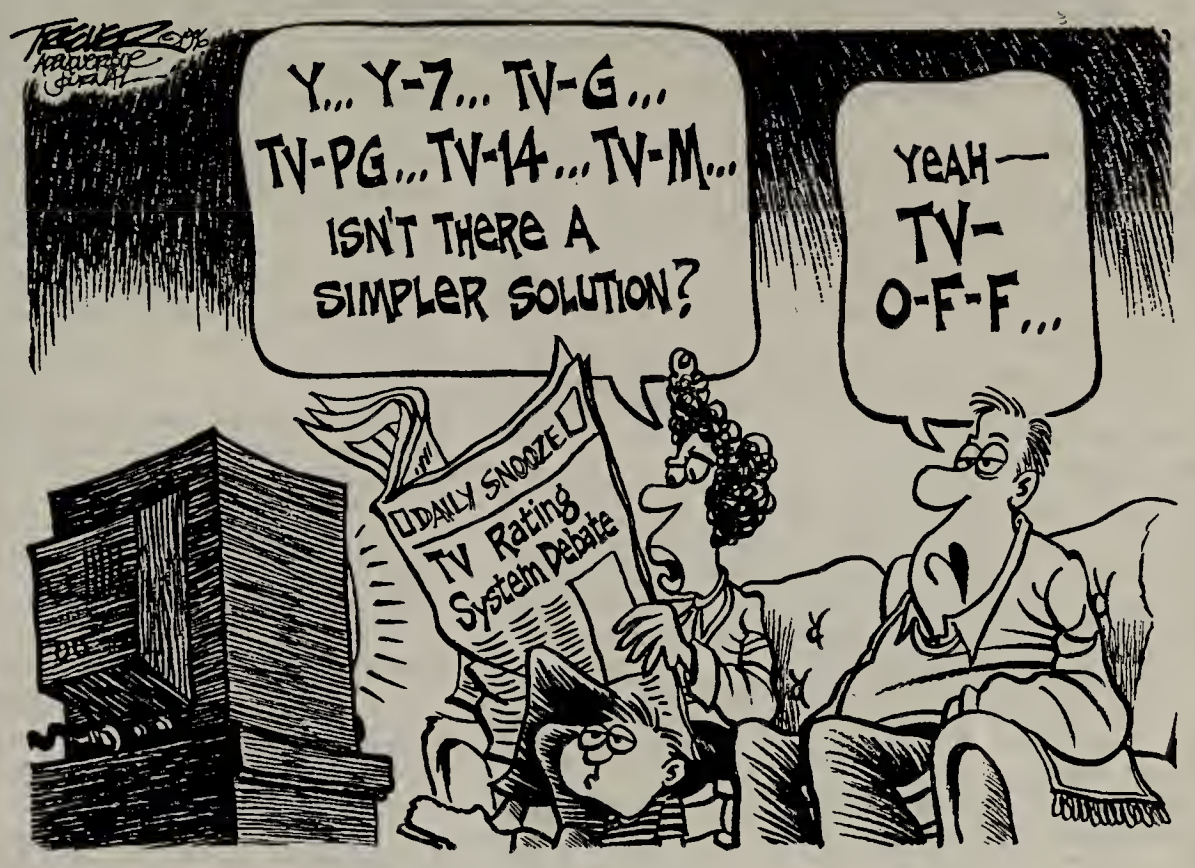
There may not be funds available for a public address system. Part of our Student Service fee, which currently is $2.60 per credit hour, could go toward the funding of this project.

The Chronicle Editorial Policy

The views expressed in the commentaries and Letters to the Editor do not necessarily reflect the views of *The Chronicle* or Purdue University Calumet. *The Chronicle* is not an official publication of Purdue University Calumet.

The Chronicle welcomes reader input. Letters and commentaries must include the author's name, class standing or other affiliation and a telephone number for verification. Anonymous letters and commentaries will be considered for publication only if accompanied with the aforementioned specifications.

All materials submitted to *The Chronicle* become the property of *The Chronicle*. All material must be typed (double spaced) or saved on a 3.5" DOS format disk. *The Chronicle* reserves the right to edit for clarity, accuracy, space and news style. Copy deadline is noon the Wednesday before publication.



Respecting the older generation

Senior citizens deprived of affection and love commentary by Scott Thompson

They wait in line for half an hour to complain about the cost of canned corn. They go see the same movie seven times. You are forced to go to their house at least twice a year. They are your parents, your grandparents. They are senior citizens, and they are being mistreated.

My parents direct the senior citizen's Sunday school class at First Baptist Church in Lubbock, TX. They use their minivan to provide a shuttle service for several members of the class who are unable to transport themselves to church.

The distressing part of the story is the children of these people live in Lubbock and go to the same church, yet refuse to give their own parents a ride. It has become socially acceptable to sever all ties to the older generation. Many people explain this phenomenon by citing the erosion of the family unit, the divorce rate, and child abuse. These are all valid points, yet one main point is being overlooked.

No matter how old, crabby, and senile they become, they are still family. All they ask is some occasional love and affection. No person, regardless of their personality should be reduced to meaningless conversations with the check out girl or the ticket taker at the theater for affection. If for no other reason than they gave you life, they deserve your love and support. Contrary to popular belief, a person's need for attention does not diminish with age. In fact, it increases.

I know that their driving could use some work, and some of them have a certain odor that is unidentifiable, but senior citizens are still capable of making significant contributions to society. With the exception of Clinton, a list of the last five presidents reads like a ledger at a retirement home. Time being of the essence, seniors feel a need to participate in meaningful activities. A large majority of volunteer organizations are staffed by seniors who no longer have the demands of a full time job, or the need for full time income.

If by now your mind has not been changed by any of my logical arguments, any further attempts on my part will be futile. With that futility in mind, please remember this one fact. What goes around comes around, and you will all be old some day.

Letters to the Editor

Well, it's tax time again. They tax you when you earn it, they tax you when you spend it and if you buy a car or land, they tax you every year for it. I feel as if I'm renting my land and car from the government. Some states have a much higher sales tax than Indiana and that worries me. I mean when is enough going to be enough? Is there a 40% sales tax in our future or what?

Other states like Oregon and Montana don't have any sales tax. How do they do it and why aren't we? I think we need to set some sort of maximum limit on the amount of taxes that can be taken from us. Then the government could just make do. They need to act a little more like the owners of a business. And can't we just pay one tax instead of getting hit from every direction?

I realize that a lot of our tax money goes for good causes and I'm all for giving people a chance to get job training or to go to college and learn how to make a living and I also think that a person in need should be able to get welfare for a very limited time. But I don't think anyone should ask the government to support him while he sits around watching TV and raising kids.

I've heard that some government employees such as your common career postal employees get paid as much as $350.00 to $450.00 a day for working on say a Sunday if it's also a holiday or their day off or something and I sure don't see the good business sense in that. We all deserve the chance to make a good living but isn't that going too far?

I realize that hard-working, highly educated people deserve top wages but $350.00 of my stamp money for a typist? Is this why the Post Office needs to charge $.32 a letter these days? Remember, it's not just my tax and stamp money, it's your money too.

Sincerely,
Robert S. Jaroscak

Have a complaint, an idea, or just want to vent on a bothersome topic? We want to hear it! Feel free to submit a letter to the Editor. If you are really ambitious, you can join the Chronicle staff. We always need eager, energetic people with a desire to learn. No experience is needed. You can E-mail your letters, suggestions, or applications to us at: chronicle@axp.calumet.purdue.edu or campus cc:mail-chronicle. Drop by our office C-344H. There will be free pizza at the meeting Monday, Feb. 3 at 6 p.m. All current and future staff members are welcome.

Safe shoveling keeps you off your back

JOHN BOBALIK
Exercise Physiologist

"Shoveling this heavy lake-effect snow is a real back-breaking workout for me," quipped Bill Crowley, who directs recreational and intramural activities at Purdue Calumet, as he furiously worked to clear the snow off the sidewalk in front of his house.

If done correctly, snow shoveling can provide you with a good workout. If you overdo it or shovel incorrectly, you may end up with sore muscles, an aching back or a more serious medical problem.

Every winter, newspapers report on snow-shovelers who have both fatal and non-fatal heart attacks while shoveling snow.

"The reason snow shoveling can cause major heart problems is no mystery, suggests Barry A. Franklin, Ph.D., Director of Cardiac Rehabilitation and Exercise Laboratories, William Beaumont Hospital, Royal Oaks, Michigan.

"If you shovel light snow at ten "throws" a minute, you burn as much energy per minute as you would when playing a match of tennis. Moving heavy snow burns the same number of calories as running 9 mph. At that rate, it can be a very exhausting activity. Trying to shovel snow can trigger several additional problems.

"When you shovel snow there are several factors that simply make your heart work harder,' Says Dr. Franklin who is also an Associate Professor of Physiology at Wayne State University School of Medicine in Detroit. "Heavy lifting with your arms, spending a lot of time standing on your feet, breathing cold air, etc.

These activities are not necessarily bad for you, but among people who have heart disease, these effects may add up to chest pain, a lack of oxygen to the heart or potentially dangerous heart rhythm disturbances."

Who is at risk? "If you are over 45 and inactive, smoke, have high cholesterol, are overweight, have high blood pressure or have a heart condition, be aware that you are more likely to suffer a heart attack while shoveling than the average person," warns Dr. Franklin, an Editorial Board member of the Physician and Sportsmedicine Journal.

If you do plan on shoveling snow this winter, here are ten tips that will reduce the risk of injuries and heart problems.

'The reason snow shoveling can cause major heart problems is no mystery. When you shovel snow there are several factors that simply make your heart work harder.'
Dr. Barry A Franklin, Ph.D.

TEN TIPS FOR SMART SNOW SHOVELING

1. DON'T SHOVEL IF YOU ARE A CARDIAC PATIENT. "I don't think snow shoveling is appropriate for cardiac patients," cautions Dr. Franklin in a recent article in the Physician and Sportsmedicine Journal. "Cardiac demands can be disproportionately high for activities that involve isometric straining or sustained upper body work." Check with a doctor before you attempt any snow shoveling.

2. PACE YOURSELF. Warm up your muscles before you begin. Start slowly and build into a comfortable pace. Take breaks. Use a work-rest approach.

3. USE PROPER FORM. Dr. Franklin recommends using your arms and your legs when lifting snow. Keep your knees slightly bent when pushing or lifting the snow.

4. DON'T SHOVEL IN EXTREME COLD OR WIND CHILL. Exposure to cold air can cause constriction of the coronary arteries. An overworked heart in a deconditioned body trying to shovel snow on an extremely cold day is a set up for a heart attack.

5. DON'T SHOVEL AFTER A BIG MEAL. Avoid shoveling immediately after eating. Some of your blood goes to your stomach to assist with digestion and some will be demanded by your snow shoveling muscles once you begin that activity. This just places additional stress on your heart.

6. DON'T SMOKE AND SHOVEL SNOW. Not only will the chemicals in cigarettes cause your arteries to constrict, but they will rob your bloodstream of oxygen. As your working muscles demand more oxygen to maintain your shoveling efforts, your heart has to work much harder. Add a cold wind chill and a deconditioned body and you could wind up with a major cardiac problem.

7. DRESS PROPERLY. Dress in several light layers rather than one heavy coat. This will allow you to take off or put on clothing as you work. If you overheat because you dress to warmly, this can put an added strain on your heart. Also remember to cover your extremities, i.e., wear a hat and gloves. Wear a cold weather breathing mask or scarf to avoid inhaling cold air.

8. LIFT SMALL LOADS. Use a short shovel with a small scoop and don't try to lift huge amounts of snow. Push or sweep the snow whenever possible.

9. GET IN PHYSICAL CONDITION TO SHOVEL. As you increase your muscular strength and endurance and improve your cardiovascular endurance and energy levels, snow shoveling becomes much easier and is less stressful on your body. Give yourself several months to get ready to handle your winter snow shoveling chores. Your heart will thank you for it!

10. CONSIDER BUYING A SNOW BLOWER. So says Dr. Franklin in his Exercise Adviser Column in The Physician and Sportsmedicine Journal. "Get a good one that is powerful enough for your snow clearing needs. Perhaps you may just want to hire someone else to clear the snow for you. Whatever choice you make for snow removal, keep your health and safety in mind."

Smokers ash out their nasty habits

BY CORINE JURGENSON
Staff writer

1997 is now in full swing, and it is time to put you, the reader to the test. How many of those "New Year's Resolutions" have you broken? If you are a smoker, and your broken resolution was to quit smoking, fear not. You are not alone. It seems that the number of smokers around campus has yet to dwindle, but actually increase in recent times.

And it is no wonder that students who smoke may find it difficult to kick the habit.

'The patch is overrated and expensive. If someone doesn't have the desire to quit, it's not going to help.'
Anonymous

How many times has one passed through the clouds of smoke hovering around the outside of the Gyte building entrance doorways on their way to classes? No...the building wasn't on fire...it was simply the student population puffing away. Rather tempting for a smoker trying to go through "rehab", isn't it?

So why do students smoke? Many claim to have started as a result of "peer pressure." Others claim to have started out of sheer boredom, and only continue to do it because it is "something to do." Whatever the case, the good `ol surgeon general is still screaming warnings on the sides of cigarette packaging, and few seem to be taking them into consideration.

Lung cancer, heart disease, emphysema, and complicated pregnancies: warnings of all of these conditions are clearly stated, and for some reason, people just don't seem to care anymore.

One student, who wished to be known only as "Clarissa", said that she felt that, "we are all going to die sometime," and that she'll continue to smoke as long as it makes her happy.

Another student, Chrissy Brzinksi, commented on how she really enjoys smoking, but will not do it around other people if they do not want her to. Second-hand smoke can be just as dangerous.

However, new inventions of the recent decade have attempted to make the habit easier to kick. Smokers no longer have to rely on quitting "cold turkey" to save their lungs. But do these inventions, such as the "patch" and the nicotine "gum" really work? Student Michael Boyll said that he smoked on and off for about three years.

The whole reason he started in the first place was because of the dreaded "peer pressure." However, he finally quit because of the health issue. "My lungs hurt really bad," he stated.

Boyll reported that he did try the patch, and it helped, but in the end he just quit "cold turkey." Likewise, student Patti Rench also quit "cold turkey" because the new inventions weren't available at the time. She said that quitting smoking was, "Probably one of the hardest things I've ever done in my life," and that, "The smell is disgusting."

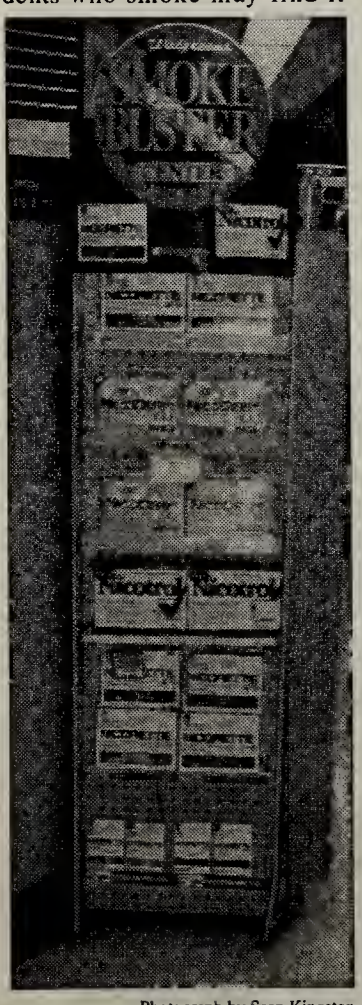
Yet still another student, who wished to remain anonymous, sampled the new technology and tried both the patch and the gum, but claimed that she just did not have the willpower to stick with them.

"The patch is overrated and very expensive. If someone doesn't have the desire to quit, it's not going to help," she explained. She also said that the gum has a "nasty taste."

Without a doubt, smoking is not the healthiest hobby that an individual can take on. It has existed for thousands of years, and probably will for many more.

The dangers have been preached more times than a broken record. Black lungs aren't exactly the prettiest form of human anatomy, but if it appeals to the individual, then so be it.

However, one may also want to take into consideration the concept of leading a healthy life. Life being the key word.



Photograph by Sean Kingston
A display at a local drugstore exhibits the many alternatives to help a smoker to quit.

Photograph by Sean Kingston
Mike Filler takes a smoke break in between his classes. His cloud of smoke is merely a small contribution to the overwhelming cloud non-smokers face as they exit buildings.

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Recollections of the 'Star Wars' phenomenon

A long time ago, in a galaxy far, far away...

BY SCOTT GONZALES
Entertainment writer

Twenty years ago, on May 25, 1977, my brother and I went to the big screen at River Oaks to see a film. I was seventeen and that film was "Star Wars." Like most, I was blown away by "Star Wars" and at the same time fell in love with the great stories and escape which films gave me. Movies would never be the same again.

George Lucas' tale of a young hero, a princess in distress, and a dark, evil Force has become a part of American culture. In a day and age when we now make films for a $50-70 million dollar price tag, this $10 million dollar film brought about many things in films which we take for granted today.

"Star Wars" brought about the idea of a movie trilogy, an idea many films since have adopted. The Die Hard films, and the Indiana Jones movies are prime examples of the continuing story line. That is one reason why the much anticipated return of "Star Wars Trilogy Special Edition," which opened last Friday, has generated talk of the prequel trilogy.

"Star Wars Trilogy Special Edition" is unique in that it has restored the complete dream Lucas had intended when he released the film twenty years ago. 20th Century Fox's release of this trilogy has undergone great changes such as fully restored prints, digitally mastered sound, added special effects, and scenes which were deleted from the original films due to lack of technology, time or money.

"There were a lot of things I was disappointed with about "Star Wars," and I've always felt the movie never got finished," said Lucas in a recent interview. "I wanted to fix things which have bugged me for 20 years. I was furious at the time "Star Wars" came out because it was a half finished movie that just got thrown into the market. And one day you have the stuff and the energy to fix it, and you do and it feels so good."

There have been four and a half minutes of footage added to the original Star Wars. One example is added scenes to the space port of Mos Eisley where Luke searches out Han Solo. Other scenes include better views of spaceships and explosions they were not able to film in the original. The best piece of added footage is of Han Solo and Jabba the Hut, who originally was never introduced until the third film "Return of the Jedi," talking to each other about shipments lost by Solo.

Empire and Jedi also have enhanced and added footage as well. These additions are of the technical nature and the additions rely heavily on the art of computer graphics pioneered by the famous people at Lucas' ILM (Industrial Light and Magic) Ranch. ILM is a special effects and computer graphics company created by Lucas to create film effects to be used in the original Star War films, but now create almost 90% of all special effects used in films today. Some films that owe a debt of gratitude to ILM are Terminator 2, Indiana Jones, Aliens, and Independence Day, to name a few.

The rejuvenation of the Star Wars films can be found back in the nostalgia which never seemed to leave the die hard fans of the trilogy. Books such as Heir to the Empire, and Shadows of the Empire, which have continued the sagas of our old friends, have remained on the best-sellers list for many months.

The release of the trilogy a few years ago, which was expected to sell some nine million copies, sold a remarkable 33 million. Another astounding growth has been in the computer CD-ROM field. Such games like Rebel Assault, Rebel Assault II, Dark Forces, Tie Fighters, and this years release of Dark Forces II is another anticipated event. Super Nintendo has one of the original Star Wars games in it's gaming system and Nintendo 64 introduced Shadows of the Empire (based on the popular book) just this past Christmas. The popularity of these films have never waned in the eye of the public.

And so the release of the "Star Wars Trilogy Special Edition" is just as anticipated. It's an event eagerly anticipated by many in my generation. Many of us now have children who have never seen or heard of characters like Han Solo and Princes Leia. They can't tell the difference between a Wookie and a Jawa. Our children have much to learn and enjoy in these films.

And so with the release of these three films (Star Wars, last Friday; The Empire Strikes Back, Feb. 21; and Return of the Jedi, March 7) comes the onslaught of nostalgia, collectibles, and memories once again. So I will once again go to the big screen at River Oaks but this time, twenty years older, with my family in tow.

I will get my large bucket of popcorn, my super-mega Coke and watch the most famous crawl of narrative in movie history...A long time ago, in a galaxy far, far away...and I will smile once more. Once more with feeling.

Photograph courtesy of 20th Century Fox

Han Solo and Chewie, take aim at Imperial storm troopers.

Photo courtesy of 20th Century Fox

The embodiment of evil, Darth Vader, ponders the destruction of the rebel forces.

'Gypsy' cast brings more than strippers to PUC

SUMMER CORONADO
Entertainment Writer

"Gypsy," based on the autobiography of the famous Gypsy Rose Lee, tells the story of Mama Rose and her two talented daughters. June, the blond, blue-eyed beauty receives both love and praise from her vaudeville audiences and her mother. Meanwhile Louise is merely a tomboy tag-a-long.

Later though, as vaudeville begins to die, Louise, now a beautiful adult, begins her career in burlesque and goes on to become the most respected and disrespected strippers of the 1930's.

In two days director Tom Bogucki auditioned more than forty actors. "The amount of talent presented to me was very impressive and made the show very difficult to cast," said Bogucki.

An important element in making any show work is not losing focus. Bogucki said, "First, to entertain the audience, but most importantly to have fun. Theatre is generally an outlet for getting together, having fun and getting something done."

Bogucki confesses that besides the usual show favorites such as "Let Me Entertain You," "All I Need Is The Girl" and "Together, Wherever We Go," his personal favorite is "You'll Never Get Away From Me."

What Bogucki likes best about "Gypsy" is that it is an extraordinary story, very fast paced and the music is wonderful.

Unfortunately, space is a big problem for this production. Alumni Hall is not very well equipped with fly and wing space, therefore some sacrifices may have to be made when designing and constructing sets.

Regina Hurst, Production Manager, gives a good summary of what is learned when involved in a theatre production. "Whenever you work with a group of people you learn communication skills, small group participation, cooperation and how to give and take."

Starring in "Gypsy" is Lisa Woodruff as 'Mama Rose,' Debbie Wilczynski* as 'Louise,' Sheree Wheeler as 'June' and Tim Payne as 'Herbie.' The production staff of "Gypsy" includes: Director, Tom Bogucki, Production Manager, Regina Hurst, Vocal Director, Trisha Hales* and Choreographer, Larry Colgen.*

Parts are still available. Chorus members are still needed to play 8-12 year old boys and late teen boys.

Girls or boys interested in fulfilling these parts should be able to sing and dance.

For more information stop by the Alumni Hall weekday nights where rehearsals will be in progress.

Performance dates are March 7,8,9 and 14,15. Friday and Saturday performances at 8 p.m., Sunday at 5 p.m. * *Indicates 1996 Indiana Arts Association Award Winners.*

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Women seek help for eating disorders

SALT LAKE CITY (U-WIRE) – Beauty may be in the eye of the beholder – but for those with eating disorders and poor self-image, the beauty is often hard to see.

Living in a society where the media often portray an "ideal" body image that is difficult to attain, people have developed unhealthy practices, such as eating disorders, in faulty attempts to attain this image.

Eating disorders are not as rare as some may think, according to the Women's Resource Center.

The WRC has provided some alarming statistics that illustrate the magnitude of the problem. Their records show that 20 to 25 percent of college women suffer from eating disorders, and 25 to 33 percent of female freshmen are using vomiting after meals as a method of weight control.

According to WRC statistics, seven million American women have experienced bulimia at some point in their lives. The WRC numbers give another grim revelation: Eating disorders have a higher mortality rate than any psychiatric condition.

But there is hope. Through education and guidance, these behaviors can be prevented and treated, according to the WRC.

Identifying the underlying cause of the eating disorder is an important part of fighting the problem.

Lynn Dickey, an adjunct instructor in the health education department, and Margaret Thompson, a licensed clinical social worker, addressed several factors contributing to poor body image and eating disorders at their lecture, "The Body Betrayed," in November 1996. Thompson said eating disorders usually have many causes.

They often stem from a combination of the ideal body image that society perpetuates, family roles in an individual's life, and personal issues, Thompson said.

The two lecturers named another culprit: the need for control. "There are family patterns that may attach special meaning to food or eating for some people. The control, power and self-esteem that people get from other people noticing how thin they are is a large part of what may add to an eating disorder," Thompson said.

"There is an excessive need for control associated with eating disorders. Image is focused outward and concentrated on a quest to be perfect. What tends to be overlooked is the quest for the inner journey," Dickey said.

Dickey also said college students in particular should pay attention to their eating behaviors because they are typically stressed out and living from one paycheck to the next. One University of Utah student, Natalie Nelson, has struggled with the idea of the ideal body image.

"Just last year I remember looking at Victoria's Secret models and thinking that's what guys want. Now I know that it depends on who is doing the looking," Nelson said.

Other magazines have also been targeted for broadcasting images that hinder healthy body image. A Vogue magazine article cited a letter to the editor which expressed how people are increasingly becoming frustrated by media sources that perpetuate this ideal body image.

The letter read: "I have always considered your magazine to be reputable and in good taste, so I was extremely disappointed upon seeing the enclosed picture of one of your models. This woman looks deathly ill from anorexia.

YOU as a leader in the world of fashion have a responsibility to stop portraying sickly thin models as desirable. You have lost one customer." To address the many issues involved in eating disorders and people's perception of their bodies, the WRC is sponsoring Body Image and Eating.

Hardened arteries begin in teens

DALLAS(CPS) – Even as young as age 15, kids need to worry about heart disease. Medical researchers studied the arteries of 1,443 people aged 15 to 34 who died from violent or accidental causes.

They used the information to further understand the relationship between hardened arteries and risk factors such as poor diet or smoking.

Study co-author Dr. Gray T. Malcolm of the Louisiana State University Medical Center in New Orleans says, "The main impact of this study is that poor dietary habits and smoking by the young have an influence on lesions that lead to atherosclerosis."

Hardened arteries, or atherosclerosis, contribute to heart disease, the leading cause of death in the United States. With the development of atherosclerosis, arteries lose their elasticity.

Cholesterol first deposits small fatty streaks on artery walls, eventually leading to a build-up. Over time the material hardens, making the arteries rigid, reducing blood flow to the heart, which can lead to a stroke or heart attack.

In the study, reported Monday in Arteriosclerosis, Thrombosis and Vascular Biology, a journal of the American Heart Association, researchers found the build-up of cholesterol first begins in the early teens.

Smoking was associated with the most extensive fatty streaks the researchers observed. The researchers also urged people to begin pursuing healthy, low-fat diets by the late teens.

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Audition notices, theatre listings, and dance and film opportunities

Theatre:

McLeod Summer Playhouse in Carbondale is seeking principals for their season which includes "Joseph ... Technicolor Dreamcoat", "Noises Off" and "Man of La Mancha". Auditions in Chicago in March. Excellent pay, ($300.00 per week) and housing. Send picture and resume to : Tim Fink School of Music SIUC, Carbondale, Ill. 62901. For more information call (618) 453-5825.

Lifeline Theatre is seeking pictures and resumes from African American men and women for "Praying for Sheetrock". Singers especially encouraged. Send to: Lifeline Theatre c/o Sheetrock, 6912 N. Glenwood, Chicago, Ill. 60626

Lifeline Theatre seeks a stage manager for spring production directed by Curt Columbus with book and music by Eric Lane Barnes. There is pay. Send resume to: Lifeline Theatre, 6912 North Glenwood, Chicago, Illinois 60626.

Oak Park Festival Theatre is seeking a light board operator, sound board operator, wardrobe supervisor and house manager. Tech apprenticeships are available. Send resume/references by March 1 to : Oak Park Festival Theatre, 1997 Technical Staff, P.O. Box 4114, Oak Park, Illinois 60303. No calls.

Film:

ELE Creative Productions is seeking a real life grandparent and grandchild for a pilot for a cooking program for TV. The grandparent would teach the grandchild to prepare traditional family recipes and tell stories of the family's cooking history. Any nationality but Hungarian preferred. Non-union. There is pay. Call Beth Elder at (847) 866-6930.

Dance:

The award winning Ballet Folklorico Mexicano de Jose Verduzco is accepting applications for enrollment. Dancers must be at least six years of age and know their left from their right foot. No previous dance experience is required but helpful. Our first practice of the season is Wednesday, Feb. 5th at 7p.m. at E.C. Central High School in the mini- auditorium. For more information please contact Summer Coronado at (219) 838-1505.

Other:

Six Flags Great America will hold auditions for dancers on Feb. 15th at 1p.m. and for improvisational actors on Feb. 16th at 11a.m. Auditions are at the Gurnee Holiday Inn Ballroom at I-94 and Route 132 in Gurnee. Registration begins one hour before call time. Dancers will be taught a combination. Actors prepare a 2 minute comic monologue and be ready to participate in improv exercises. No appointments needed. No calls. No drop offs. There is pay. For more information call (847) 249-1776, ext. 4606.

Six Flags Great America is seeking technicians and wardrobe people. Interviews are by appointment only. There is pay. Call (847) 249-1776 ext. 4606.

Have you been looking for love in all the wrong places?

Are you looking for an 'inexpensive' way to profess your love?
Say 'I love you' to that special someone with a free Valentine's Day advertisement in The Chronicle.
Come by the Chronicle office at C-344H and pick up a form.
Please keep your messages to maximum of 20 words.

Messages will appear in the Feb. 10 issue of The Chronicle.
All ads must be received by Feb. 5

College horoscope for the week of February 3, 1997

BY LINDA C. BLACK

It's always easier to study while the sun's in Aquarius. Everybody's in the mood, so it's almost like a party with a specific objective - the best kind. It'll be hard to settle down to business on Monday, but lots of good jokes will be going around. Get serious Tuesday and Wednesday; a couple of tough professors will expect it. Thursday and Friday are marvelous for technological and scientific experimentation. The weekend's best for cuddling, playing with kids and little animals, and going shopping.

Aries (March 21-April 19). You're really going to feel like skipping class on Monday. If you do, get a studious friend's notes. Ask for personal tutoring to keep up with a horrendous assignment Tuesday and Wednesday. On Thursday and Friday, join a group gathered for a worthy cause. They need your enthusiasm to get their plans off the ground. Spend time with a quiet person over the weekend. Offer courage and you'll get hope in return.

Taurus (April 20-May 20). Pay debts Monday even if you're not expecting any money in for a while. Get a foreign friend to help with your language lessons Tuesday and Wednesday. Maybe you'd better tape the lectures Thursday and Friday — the facts are coming too fast to take notes. You and your best friend need to sneak away for a quiet interlude over the weekend. You need some private time to recuperate.

Gemini (May 21-June 21). Don't listen to your mate's silly scheme on Monday; it won't work out. If you need money, apply for loans or a job on Tuesday or Wednesday. Thursday and Friday are awesome for traveling, learning a foreign language or falling in love with a foreigner. Two out of three ain't bad. Do what you're supposed to be doing over the weekend, without being nagged.

Cancer (June 22-July 22). It seems like the work you're doing Monday is getting you nowhere. Don't fret, you'll get some very significant stuff accomplished Tuesday and Wednesday, with the help of your mate. Sign applications and get them into the mail Thursday and Friday. Chances are good you'll get what you want. Travel over the weekend to the beach, if possible.

Leo (July 23-Aug. 22). Flirtations on Monday may not play out, so don't take them too seriously. On Tuesday and Wednesday, you'd better do your work as if your life depended on it. Get your agent or attorney to make the calls for you Thursday and Friday, and cinch the deal. You may discover another source of funding over the weekend. A quiet person is more influential than you realize, so be nice.

Virgo (Aug. 23-Sept. 22). Don't worry about a mess at home on Monday. No damage will be done. Save as much time as possible for planning with your sweetheart Tuesday and Wednesday. With work and love, anything's possible; they're intertwined Thursday and Friday. Luckily, you enjoy your job. You and your partner should be able to extricate yourselves from the hectic activity over the weekend. Do that.

Libra (Sept. 23-Oct. 23). Review old material on Monday. Take care of a domestic dispute on Wednesday and decide on a new course of action Thursday. A romantic commitment made either Thursday or Friday could last a lifetime. Be careful what you say and to whom. Concentrate on homework over the weekend, even if there are tantalizing distractions.

Scorpio (Oct. 24-Nov. 21). Money could slip through your fingers Monday. Be careful. Tuesday and Wednesday are best for learning by working with an expert. Domestic responsibilities nag at you all week long. Give in to their demands on Thursday and Friday. Although there's still more to be done, you don't have to do it all over the weekend. Make plenty of time for romance, too.

Sagittarius (Nov. 22-Dec. 21). You're feeling good Monday, but you may not get much done. Review material you should know by now. Go shopping for something that will help you with your studies on Tuesday and Wednesday. Do your big research project on Thursday and Friday. Take care of stuff at home over the weekend. Invest in your roommates, plants and pets.

Capricorn (Dec. 22-Jan. 19). Hand in an overdue assignment on Monday. Make well-reasoned decisions about your finances on Tuesday and Wednesday, then go spend the money on Thursday and Friday. Get a big item that can be updated later. You may get so involved in your studies over the weekend you forget to come out for food. Let your answering machine take the calls.

Aquarius (Jan. 20-Feb. 18). A friend's scheme on Monday won't work. Advise him or her to go slowly. You may discover a requirement you forgot to meet on Tuesday or Wednesday. Don't freak out, just do it. You're incredible on Thursday and Friday. Begin absolutely everything you can imagine. Everything from scientific to romantic projects will turn out well. An older person could come through with the money you need over the weekend.

Pisces (Feb. 19-March 20). If it seems like an older person isn't making sense on Monday, you're right. An assignment may change, so don't worry about it. Your friends steer you in the right direction Tuesday and Wednesday. Take care of a problem Thursday or Friday and it won't keep you awake nights any longer. You should sleep pretty well Saturday and Sunday. To make things even better, go along with your sweetheart's requests.

If You're Having a Birthday This Week ... Born Feb. 3: Take a journey with friends to put a nagging question to rest. The truth will set you free. Born Feb. 4-5: Your assignment this year is to complete all your past assignments. Realize your future dreams by doing extensive research. Born Feb. 6-7:

Your creativity and imagination know no bounds. Love and luck are on your side, too. Do something you can be proud of for the rest of your life. Born Feb. 8-9: If you invest wisely you could make a lot of money this year. Just don't spend it as fast as you get it.

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Classifieds

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Earn Extra Income
Make money fund-raising for PUC. Make $5.00 per hour plus incentives. Stop by the Advancement Office in room O-322 or call 989-2915 for more information.

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Complete training provided.
Minorities are encouraged to apply. For application write or call: TGSC, 1533 Spencer Rd., Joliet, IL 60433 or (815) 723-3449.

FEMALE VOCALIST WANTED
for working cover/original band. Ambitious, energetic, original ideas. Covers by Alanis Morrisette, Sheryl Crow, Go-Go's, 70's/80's retro. Please leave message at (219)765-4235.

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If you have had any problems with PUC's student insurance company, G-M underwriters, please sign a petition/complaint that you can find at any of the school's bulletin boards. You may also call Brad Gendening at (219)924-8939 to discuss the problem.

Spring Break-Cancun from $319 (Hacienda) inc. Air, hotel, tranfers, wristband + 14 meals FREE! Three hours all-you-can drink every day FREE!!! Organize a small group and travel FREE. Call Don at Surf & Sun Tours (800)222-7466 ext. 363. Lowest prices guaranteed.

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For Sale

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Personals

Students place your personal ad here. Meet the person you've always wanted to, say congratulations to your deserving friend, make up with your significant other. They're free to students!